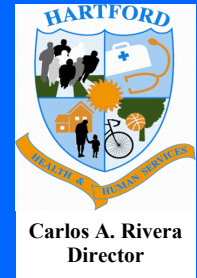


CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
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VACCINATE AGAINST THE SEASONAL FLU

*The single best way to protect against the Seasonal Flu is to get vaccinated each year.
Get vaccinated when the vaccine is available, usually in September.*

FLU FACTS:

- ☆ Every year in the United States, approximately 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized every year with flu complications; and about 36,000 people die from seasonal flu complications each year,
- ☆ Seasonal Influenza (Flu) outbreaks can happen as early as October but most of the time seasonal influenza activity peaks in January or February.
- ☆ Symptoms of flu include fever (higher than 100°F), headache, cough, sore throat, runny or stuffy nose, muscle aches, extreme tiredness, and stomach symptoms – such as nausea, vomiting, and diarrhea.
- ☆ Flu is transmitted mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.
- ☆ In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended that certain people get vaccinated each year. These individuals include children aged 6 months through 18 years of age, pregnant women, people 50 years of age and older, people of any age with certain chronic medical conditions (such as asthma and diabetes), health care workers, people who live in nursing homes or long term care facilities, household contacts of persons at high risk for complications from the flu, and household contacts and out-of-home caregivers of children less than 6 months of age.
- ☆ There are two types of vaccines: (1) The flu shot- an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people, pregnant women and people with chronic medical conditions. (2) The nasal-spray flu vaccine- a vaccine made with live, weakened flu viruses that do not cause the flu. FluMist is approved for use in healthy people 2-49 years of age who are not pregnant.



So keep Hartford Healthy and get your Seasonal Flu vaccine

*For questions or additional information call Carol Steinke at 543-8859
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www.hartford.gov/Human_Services

